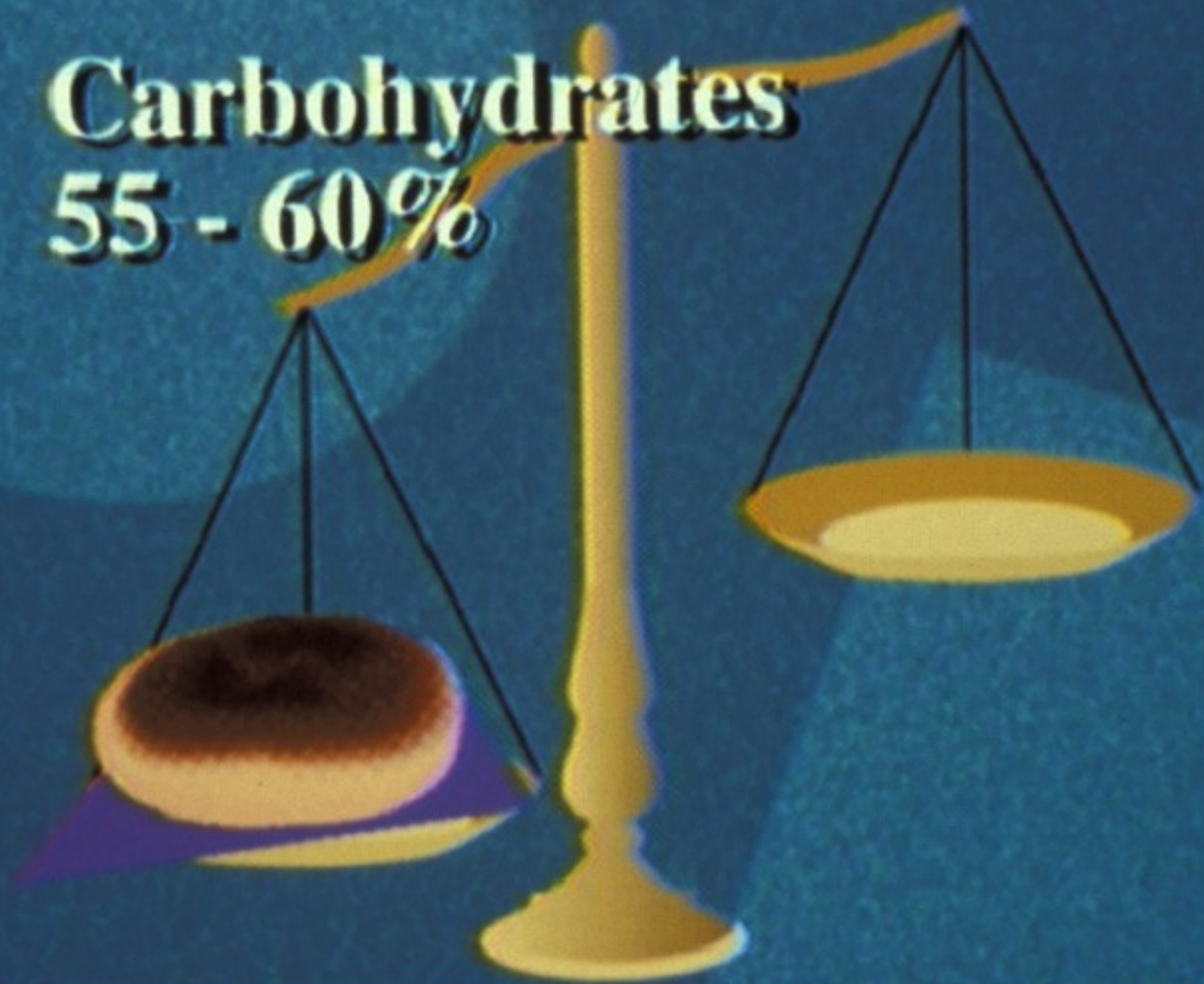
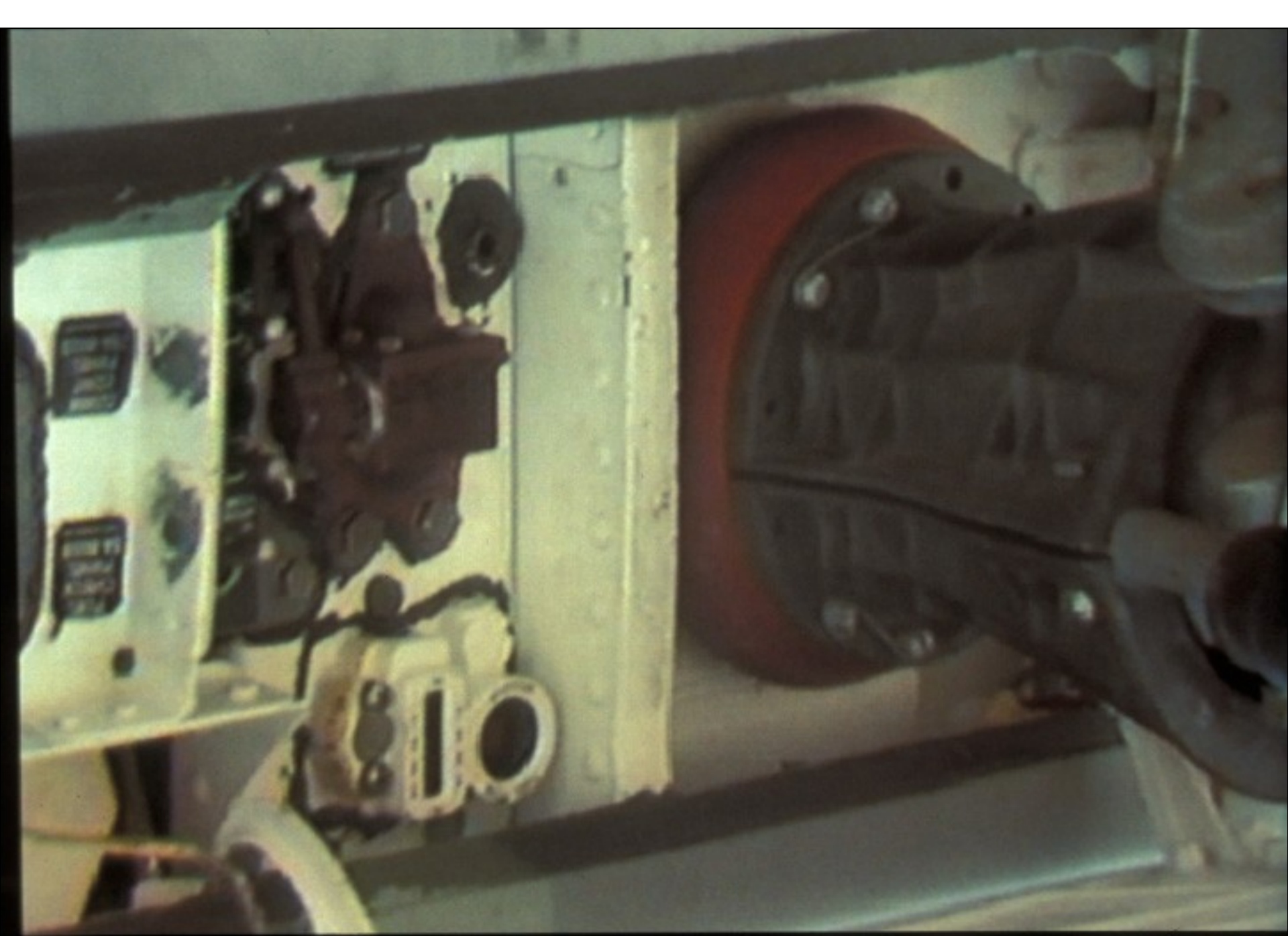




Carbohydrates
55 - 60%







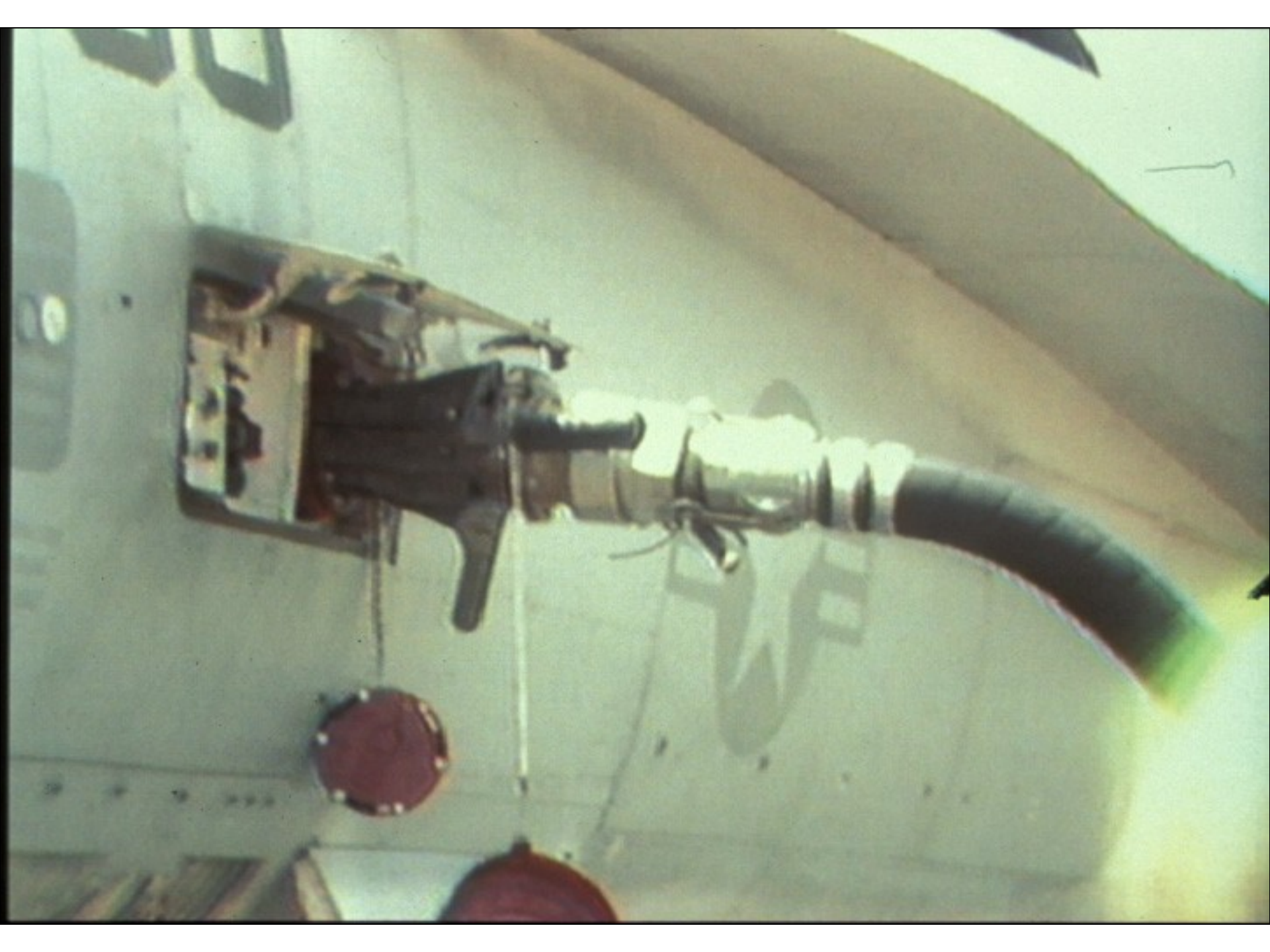














FAT







FUEL



CARB



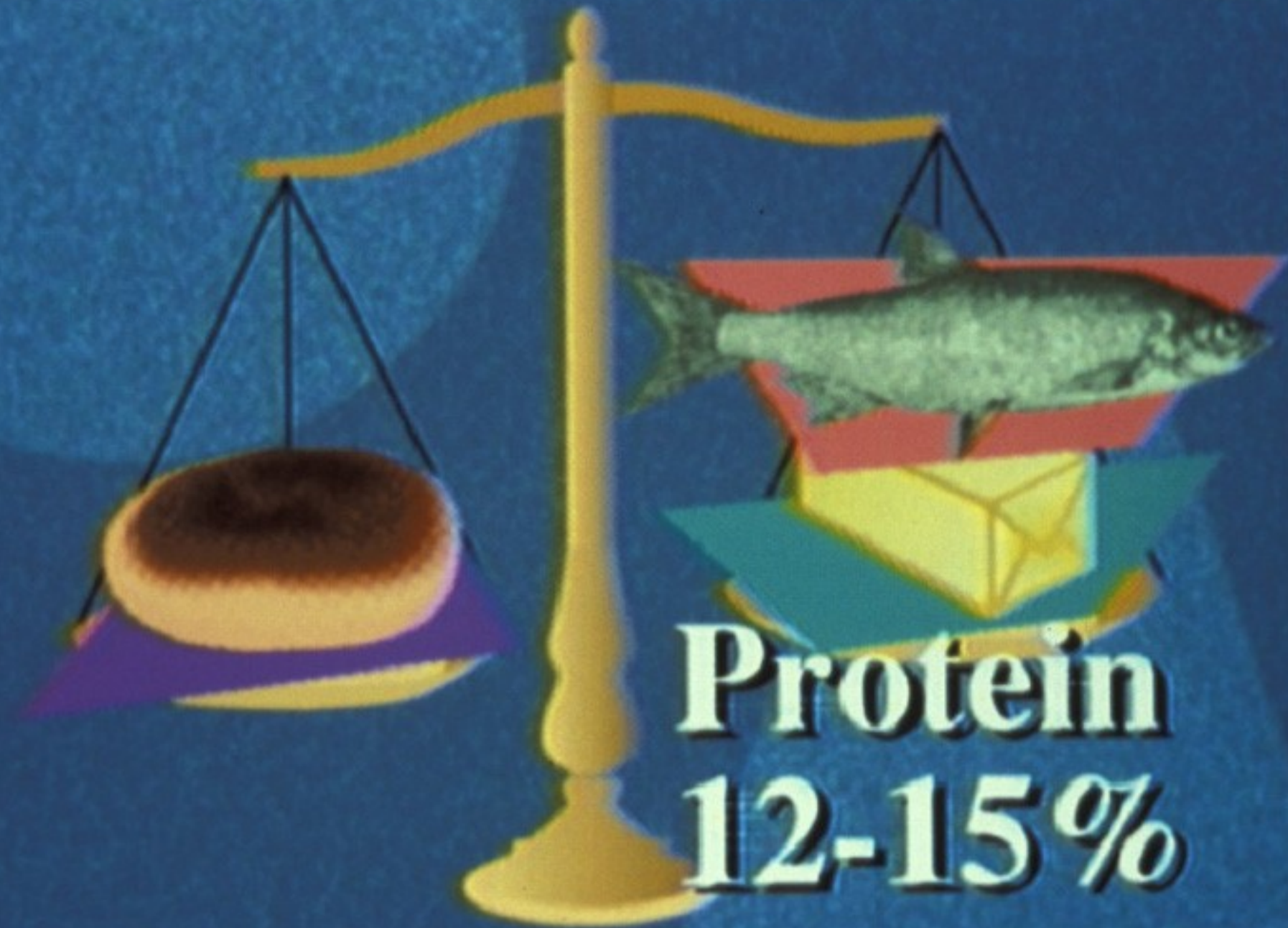
FUEL




CARB







Protein
12-15%

A vintage, sepia-toned photograph of a large group of soldiers in a field. They are wearing helmets and carrying rifles, standing in a loose formation. In the background, there is a large, light-colored building with a flat roof and a small dome on the left side. The overall tone is historical and documentary.

**1 1/2 TIMES THE PROTEIN
NEEDED FOR LOW ACTIVITY**

